

# Wallingford Wellness Series:

## Create Your Own Stress Reduction Tool Box

— Presented by Masonicare, Wallingford Health Department & Wallingford Public Library —

**August 28th at 2pm — or — August 30th at 5:30pm**

Wallingford Public Library, The Collins Room  
200 North Main Street, Wallingford, CT

Learn how to define stress and the various triggers that can cause it.

Review a sampler of stress reduction techniques, including gentle movement practices (while seated); deep breathing; self-Reiki techniques; aromatherapy; journaling; and channeling your inner creative.

Create a personal stress reduction toolkit to help manage the stress and overwhelm that you feel.

### Guest Speaker:

Jennifer A. King is the Executive Director of The Masonic Charity Foundation of Connecticut. A Registered Yoga Teacher with the Yoga Alliance since 2010, she has been an avid practitioner of yoga and a long-time student of healthy lifestyle modifications to manage stress and anxiety. Jennifer has trained in Mindfulness-Based Stress Reduction with the Center for Mindfulness at the UMass Medical School, and completed the Integrative Yoga professional training at Duke Integrative Medicine.

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